

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
Time	1	2	3	4	5	Time	6	7
6:30	Debbie (60)	7:00 Amy (60)	Brock (60)	6:15 Doug (60)	Gerald (60) S	8:30	Doug (60)	
9:30	Debbie (90)	Cara (90)	Carolyn (90)	Doug (75)	Gerald (90)	10:00	Tea (75)	Brian (75) YY
12:00	Debbie (60)	Cara (60)	Carolyn (60)	Doug (60)	Gerald (60)	12:00	Tea (60)	Brian (60) MM
4:30	Kate (75) MF	Diane (75) MF	Gerald (75) MF	Joy (75) MF	Tori (75) MF	2:00	Nicole (60)	Jill (60)
6:30	Kate (60)	Diane (60)	Gerald (60)	Joy (60)	Tori (60)	4:00	Nicole (60)	Jill (60)
8:30	Brock (60)	Thommy (60)	Gerald (60)	Joy (60)	Tori (60) K	6:00		Trish (60) PV
	8	9	10	11	12		13	14
6:30	Debbie (60)	7:00 Amy (60)	Brock (60)	6:15 Brock (60) S	Gerald (60)	8:30	Doug (60)	
9:30	Debbie (90)	Diane (90)	Joy (90)	Kate (75)	Gerald (90)	10:00	Doug (75)	Brian (75) YY
12:00	Debbie (60)	Diane (60)	Joy (60)	Kate (60)	Gerald (60)	12:00	Diane (60)	Brian (60) MM
4:30	Erin (75) MF	Cara (75) MF	Gerald (75) MF	Joy (75) MF	Tori (75) MF	2:00	Sarah (60)	Thommy (60)
6:30	Erin (60)	Cara (60)	Gerald (60)	Joy (60)	Tori (60)	4:00	Sarah (60)	Nicole (75)
8:30	Erin (60)	Thommy (60)	Rebecca (75) L2	Joy (60)	Tori (60) K	6:00		Nicole (60)
	15	16	17	18	19		20	21
6:30	10:00 Brock (60)	7:00 Amy (60)	Brock (60)	6:15 Doug (60)	Gerald (60) S	8:30	Danny (60)	
9:30	12:00 Debbie(60)	Diane (90)	Kate (90)	Doug (75)	Gerald (90)	10:00	Danny (75) L2	Brian (75) YY
12:00	2:00 Debbie (75)	Diane (60)	Kate (60)	Doug (60)	Gerald (60)	12:00	Danny (60)	Brian (60) MM
4:30	Erin (75) MF	Cara (75) MF	Gerald (75) MF	Joy (75) MF	Tori (75) MF	2:00	Andi (60)	Thommy (60)
6:30	Erin (60)	Cara (60)	Gerald (60)	Joy (60)	Tori (60)	4:00	Kate (60)	Nicole (75)
8:30	Erin (60)	Thommy (60)	Gerald (60)	Joy (60)	Tori (60) K	6:00		Nicole (60)
	22	23	24	25	26		27	28
6:30	Debbie (60)	7:00 Amy (60)	Brock (60)	6:15 Thommy(60) S	Gerald (60)	8:30	Amy (60)	
9:30	Brock (90)	Diane (90)	Carolyn (90)	Erin (75)	Gerald (90)	10:00	Amy (75) MF	Brian (75) YY
12:00	Debbie (60)	Diane (60)	Carolyn (60)	Erin (60)	Gerald (60)	12:00	Diane (60)	Brian (60) MM
4:30	Erin (75) MF	Cara (75) MF	Gerald (75) MF	Joy (75) MF	Tori (75) MF	2:00	Andi (60)	Jill (60)
6:30	Erin (60)	Cara (60)	Gerald (60)	Joy (60)	Tori (60)	4:00	Kate (60)	Jill (60)
8:30	Erin (60)	Thommy (60)	Rebecca (75) L2	Joy (60)	Tori (60) K	6:00		Trish (60) PV
	<p>MF = Moksha Flow -our Moksha series of postures in a flow series</p> <p>6:30 K = Karma - by donation only (min \$8 Donation)</p> <p>9:30 S = silent class - teacher practices with the students and only instructs when to change postures</p> <p>12:00 PV = Power Vinyasa -a fast paced flow class</p> <p>4:30 YY = Yang - Yin - first half fast pace / second have slow long held floor postures.</p> <p>6:30 MM =Moksha Mix - our traditional flow mixed up with different postures</p> <p>8:30 L2 = Moksha Level 2 class</p>							

February 2010 **REGULAR**

info@mokshayogaburlington.com

905.631.9595

	Monday	Tuesday	Wednesday	Thursday	Friday
Time	1	2	3	4	5
8:00					
9:45		TY Clayton (75)		TY Clayton (75)	
12:00					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)	A1 Natalie (60)
8:00	IN Shanine (60)	H1 Jennifer (60)	IN Shanine (60)	Heal Jennifer(60)	
	8	9	10	11	12
8:00					
9:45		TY Clayton (75)		TY Clayton (75)	
11:30					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)	A1 Natalie (60)
8:00	IN Shanine (60)	H1 Jennifer (60)	IN Shanine (60)	Heal Jennifer(60)	
	15	16	17	18	19
8:00					
9:45		TY Clayton (75)		TY Clayton (75)	
11:30					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)	A1 Natalie (60)
8:00	IN Shanine (60)	H1 Jennifer (60)	IN Shanine (60)	Heal Jennifer(60)	
	22	23	24	25	26
8:00					
9:45		TY Clayton (75)		TY Clayton (75)	
11:30					
4:45					
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)	A1 Natalie (60)
8:00	IN Shanine (60)	H1 Jennifer (60)	IN Shanine (60)	Heal Jennifer(60)	
8:00	Healing = self acupressure, plus breath, restorative and yin poses 9:45 R = Restorative H1 = Hatha 1 11:30 Y = Yin postures held passively to reach ligaments + fascia 4:45 IN = Inversions and arm balances 6:00 TY = transformation yoga 8:00 PN = prenatal A1= Ashtanga all levels				

	Saturday	Sunday
Time	6	7
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30		
1:00		
3:30		R Shanine (90)
7:00		
	13	14
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Shanine (90)
7:00		
	20	21
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Shanine (90)
7:00		
	27	28
9:30	R Flow Diane(90)	
10:15		Heal Jennifer(75)
11:30	PN Dominiq (90)	
1:00		
3:30		R Shanine (90)
7:00		